

Microbiome Information for: Asthma

For non-prescribing Medical professionals Review

The suggestions below are based on an Expert System (Artificial Intelligence) modelled after the MYCIN Expert System produced at Stanford University School of Medicine in 1972. The system uses over 1,800,000 facts with backward chaining to sources of information. The typical sources are studies published on the US National Library of Medicine.

Many recent studies has found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is beleived to reduce the severity of symptoms. In some cases, this correction may cause symptoms to disappear.

These are a *a priori suggestions* that are predicted to independently reduce microbiome dysfunction. Suggestions should *only be done after a review* by a medical professional factoring in patient's conditions, allergies and other issues.

This report may be freely shared by a patient to their medical professionals

Best practise for making microbiome adjustments is to obtain the individuals microbiome. The following are the best microbiome to use with this expert system model. The suggestions below are intended as temporary suggestions until a test result in received.

In the USA

Ombre (<https://www.ombrelab.com/>)

Thome (<https://www.thome.com/products/dp/gut-health-test>)

Worldwide: BiomeSight (<https://biomesight.com>) - Discount Code 'MICRO'

Analysis Provided by Microbiome Prescription

A Microbiome Analysis Company

892 Lake Samish Rd, Bellingham WA 98229

Email: Research@MicrobiomePrescription.com

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Asthma

Nota Bena: Many studies are done with a small sample size or mixtures of condition subsets which can greatly diminish the ability to detect bacteria shifts.

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Verrucomicrobiae	class	Low	203494	Clostridium	genus	High	1485
Acidaminococcaceae	family	Low	909930	Faecalibacterium	genus	Low	216851
Bacteroidaceae	family	High	815	Haemophilus	genus	High	724
Bifidobacteriaceae	family	Low	31953	Porphyromonas	genus	High	836
Clostridiaceae	family	High	31979	Roseburia	genus	Low	841
Lachnospiraceae	family	High	186803	Akkermansia muciniphila	species	Low	239935
Lactobacillaceae	family	Low	33958	Bacteroides stercoris	species	Low	46506
Prevotellaceae	family	High	171552	Candida albicans	species	High	5476
Ruminococcaceae	family	Low	541000	Clostridium disporicum	species	Low	84024
Veillonellaceae	family	High	31977	Eggerthella lenta	species	High	84112
Akkermansia	genus	Low	239934	Faecalibacterium prausnitzii	species	Low	853
Bacteroides	genus	Low	816	Haemophilus influenzae	species	Low	727
Bifidobacterium	genus	High	1678	Phocaeicola plebeius	species	High	310297
Campylobacter	genus	High	194	Roseburia inulinivorans	species	Low	360807
Capnocytophaga	genus	High	1016	Sutterella wadsworthensis	species	Low	40545
				Haemophilus influenzae 10810 strain	strain	Low	862964

Substance to Consider Adding or Taking

These are the most significant substances that are likely to improve the microbiome dysfunction. Dosages are based on the dosages used in clinical studies. For more information see: <https://microbiomeprescription.com/library/dosages>. These are provided as examples only

Colors indicates the type of substance: i.e. probiotics and prebiotics, herbs and spices, etc. There is no further meaning to them.

bacillus subtilis (probiotics) 10 BCFU/day	linseed(flaxseed) 30 mg/day
banana	L-proline
barley,oat	Moringa Oleifera
bifidobacterium infantis,(probiotics) 10 BCFU/day	Nicotine, Nicotine Patch
bifidobacterium longum (probiotics) 10 BCFU/day	non-starch polysaccharides
bile (acid/salts)	oats
Cacao 20 gram/day	omega-3 fatty acids 4 gram/day
clostridium butyricum (probiotics),Miya,Miyarisan 1 gram/day	Onion
dairy	oregano (organum vulgare, oil)
d-ribose 10 gram/day	partially hydrolyzed guar gum 6 gram/day
ethanol	pea (fiber, protein)
Fisetin 20 mg/day	purple sweet potatoes
fructo-oligosaccharides (prebiotic) 15 gram/day	rosa rugosa
fruit/legume fibre	salt (sodium chloride)
Gluco-Oligosaccharides	Shen Ling Bai Zhu San
glutamate	sucralose 340 mg/day
gluten	Ursolic acid
glycine 15 gram/day	vegetable
iron 400 mg/day	vitamin a 25000 IU/day
lactobacillus plantarum,xylooligosaccharides,(prebiotic)	Vitamin B9,folic acid 5 mg/day
(probiotics) 22 BCFU/day	Vitamin E 60 IU/day
lactobacillus reuteri (probiotics) 22 BCFU/day	wheat
lactobacillus salivarius (probiotics) 9 BCFU/day	wheat bran
lactulose	

Retail Probiotics

Over 260 retail probiotics were evaluated with the following deemed beneficial with no known adverse risks.

newrhythm / probiotics 20 stains
 bioray / cytoflora
 bioglan bio (au) / happy probiotic 100
 renew life men's probiotic - ultimate
 custom probiotics / d-lactate free probiotics powder
 garden of life / primal defense
 Seeking Health / Probiota HistaminX
 bravo europe / starter and complex
 organic 3 / gutpro
 fürstenmed / lacto-bifido
 Smidge / Sensitive Probiotic
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 elixa / probiotic
 douglas laboratories / multi probiotic 40 billion
 SuperSmart / Oral Health
 MegaFood / MegaFlora
 organic 3 / primal gut
 seed / male version
 solaray / microbiome probiotic colon formula
 lifted naturals / mood boosting probiotic
 cytoplant(uk) / dentavital bifidophilus
 spain (es) / vivomixx
 Physis / Advance Probiotics
 Dr. Mercola / Complete Probiotics
 NOW FOODS / Clinical GI Probiotic
 Genesis Bifidobacterium Complex BB Probiotic
 OMNI-BIOTIC® / 10 AAD
 Ombre / Metabolic Booster
 fairvital / microflora basic
 CVSHealth / Daily Probiotic
 young living / life 9
 Physician Choice / 60 Billion Probiotics
 renew life / ultimate flora
 udo's choice / super 8 gold
 aor / probiotic-3
 ASEA VIA / BIOME
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 custom probiotics / five strain bifidobacteria
 Pendulum / Pendulum Glucose Control
 optibac / for every day
 jamieson (can) / probiotic 10 bcfu
 quantum wellness / restora flora
 HLH BIOPHARMA(DE) / LACTOBACT ® AAD
 SuperSmart / Lactoxira
 nature's way (au) / restore probiotic bowel & colon health 30s
 visbiome
 Bromatech (IT) / Psicobrain
 naturopathica (au) / gastrohealth probiotic adults 50+
 jarow formulas / fem dophilus
 Microbiome Labs / MEGA Genesis
 Bromatech (IT) / Lautoselle
 claire labs / target gb-x
 philips / colon health
 Sash Vitality / Bio-Cultures Probiotics for Adults

SuperSmart / Vaginal Health
7 AM Ultra Probiotics
Prescript-Assist®/SBO Probiotic
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
spain (es) / reuteri gotas
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
Bromatech (IT) / Bifiselle
BioGaia / BioGaia Products
wakamoto (jp) / wakamoto pharmaceutical intestinal drug
CustomProbiotics.com / L. Salivarius Probiotic Powder
SuperSmart / Lactobacillus reuteri
bravo europe / freeze-dried bravo
naturopathica (au) / gastrohealth probiotic dairy free 50 billion
blackmore (au) / probiotics+ womens flora balance
Metabolics / Bifidobacterium Longum Powder
VSL Pharmaceuticals / Oxadrop
Windlove Probiotics / Ecologic®825
HLH BIOPHARMA(DE) / LACTOBACT ® METABOLIC
Swiss BioEnergetics / Full Spectrum Probiotic Defence
CustomProbiotics.com / B. Infantis Probiotic Powder
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
custom probiotics / four strain lactobacilli
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
microbiome labs / restorflora
Krauterhaus / Lactopro
Jetson (US) / Immunity Probiotics
up4 / ultra
jarrow formulas / bifidus balance® + fos
spain (es) / alflorex
ProbioMax® Daily DF
JGL / Lactogyn
SuperSmart / Bacillus Subtilis
PharmExtracta (IT) / Butirisan
INVIVO THERAPEUTICS / Bio.Me IB +
Ombre / Mood Enhancer
spain (es) / aquilea intimus
Metabolics / Bifidobacterium Infantis Powder
natren / life start 2 (goat milk-based)
amy meyers / primal earth probiotic
PrecisionBiotics / Zenflore
PharmExtracta / Bowell
Jetson / Gut Prep
up4 / adult
Ombre / Restore
Bromatech (IT) / Acronelle
spain (es) / gastrus
Microbiome Labs / ZENBIOME Dual
canada (ca) / calmbiotic
Jetson (US) / Mood Probiotics
Ombre / Heart Health
klaire labs / ther-biotic factor 4
InnovixLabs / Mood Probiotic
jarrow formulas / jarro-dophilus® ultra
PoolPharma (IT) / ProbioTKMIO
custom probiotics / six strain probiotic powder
spain (es) / casenbiotic
HLH BIOPHARMA(DE) / LACTOBACT ® FORTE
ImmuneBiotech Medical Sweden AB / GutMagnific®

nature's bounty / probioti 10
optibac / bifidobacteria & fibre
Sanogermina / AB-Kolicare
miyarian (jp) / miyarian
Bromatech (IT) / Serobiome
Nu U (uk) / Bio-Cultures Complex
PharmExtracta (IT) / Gliadines buccal stickpacks
ISCON Elegance/ Ochek Capsule 10
Energybalance / ColoBiotica 28 Colon Support
naturopathica (au) / gastrohealth women's probiotic with cranberry
jarrow formulas / jarro-dophilus mood
microbiome labs / hu58
anabolic laboratories / probiotic complete
Invivo / Bio.Me Femme UT
CustomProbiotics.com / L. Reuteri Probiotic Powder
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
optibac / for women
OMNI-BIOTIC®/ TRAVEL
jarrow formulas / fem-dophilus®
SuperSmart / H. Pylori Fight
wakamoto (jp) / strong wakamoto w
BioGaia / BioGaia Osfortis
RepHresh / Pro-B Probiotic Supplement for Women
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
naturopathica (au) / gastrohealth probiotic daily care
spain (es) / gum peribalance
ecology_allergycare
PrecisionBiotics / Immune
vinco / probiotic eight 65
Metabolics / Lactobacillus Salivarius Powder
CustomProbiotics.com / B. Longum Probiotic Powder
powerlabs (au) / ultra blend

Note: Some of these are only available regionally – search the web for sources.

Substance to Consider Reducing or Eliminating

These are the most significant substances have been identified as probably contributing to the microbiome dysfunction.

In some cases blood work may show low levels of some vitamins, etc. listed below. This may be due to *greedy* bacteria reported at a high level above. Viewing bacteria data on the Kyoto Encyclopedia of Genes and Genomes (<https://www.kegg.jp/>) may provide better insight on the course of action to take.

bacillus coagulans (probiotics)

berberine

carboxymethyl cellulose (prebiotic)

cranberry bean flour

fasting

lactobacillus fermentum (probiotics)

quercetin, resveratrol

resveratrol (grape seed/polyphenols/red wine)

triphalala

vitamin B3, niacin

Vitamin C (ascorbic acid)

xylan (prebiotic)

Sample of Literature Used

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Acne
ADHD
Allergic Rhinitis (Hay Fever)
Allergies
Alopecia (Hair Loss)
Alzheimer's disease
Amyotrophic lateral sclerosis (ALS) Motor Neuron
Ankylosing spondylitis
Anorexia Nervosa
Antiphospholipid syndrome (APS)
Asthma
Atherosclerosis
Autism
Autoimmune Disease
Barrett esophagus cancer
Bipolar Disorder
Brain Trauma
Carcinoma
Celiac Disease
Cerebral Palsy
Chronic Fatigue Syndrome
Chronic Kidney Disease
Chronic Lyme
Chronic Obstructive Pulmonary Disease (COPD)
Chronic Urticaria (Hives)
Coagulation / Micro clot triggering bacteria
Colorectal Cancer
Constipation
Coronary artery disease
COVID-19
Crohn's Disease
cystic fibrosis
deep vein thrombosis
Depression
Dermatomyositis
Eczema
Endometriosis

Eosinophilic Esophagitis
Epilepsy
Fibromyalgia
Functional constipation / chronic idiopathic constipation
gallstone disease (gsd)
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus
Generalized anxiety disorder
Gout
Graves' disease
Hashimoto's thyroiditis
Hidradenitis Suppurativa
Histamine Issues From Ubiome
Histamine Issues, Mast Cell Issue, DAO Insufficiency
hypercholesterolemia (High Cholesterol)
hyperglycemia
Hyperlipidemia (High Blood Fats)
hypersomnia
hypertension (High Blood Pressure)
Hypoxia
IgA nephropathy (IgAN)
Inflammatory Bowel Disease
Insomnia
Intelligence
Irritable Bowel Syndrome
Juvenile idiopathic arthritis
Liver Cirrhosis
Long COVID
Lung Cancer
ME/CFS with IBS
ME/CFS without IBS
Menopause
Metabolic Syndrome
Mood Disorders
Multiple Sclerosis
Multiple system atrophy (MSA)
Neuropathy (all types)
neuropsychiatric disorders (PANDAS, PANS)
Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic
NonCeliac Gluten Sensitivity
Obesity
obsessive-compulsive disorder
Osteoarthritis
Osteoporosis
Parkinson's Disease
Postural orthostatic tachycardia syndrome
Premenstrual dysphoric disorder
Psoriasis
rheumatoid arthritis (RA), Spondyloarthritis (SpA)
Rosacea
Schizophrenia
Sjögren syndrome
Sleep Apnea
Small Intestinal Bacterial Overgrowth (SIBO)
Stress / posttraumatic stress disorder
Systemic Lupus Erythematosus
Tic Disorder
Tourette syndrome
Type 1 Diabetes

Type 2 Diabetes
Ulcerative colitis
Unhealthy Ageing